2005-06 Middle Tennessee Cross Country

2005 MEN'S/WOMEN'S CROSS COUNTRY PERFORMANCE CHART (FINAL)

● * - NCAA automatic mark ● ! - personal best ● r - school record

Kerry Barrow	4K
Belmont Opener (9/02)	30:03.00

Tony Carufe	5K	8K
Belmont Opener (9/02)	17:14.82 (46)	
UTC Opener (9/09)	17:39 (42)	
Arkansas State Invitational (10/01)		28:11 (16)
UTC Invitational (10/15)	17:19 (16)	
Sun Belt Championships (10/29)		27:40.62 (40)

Catherine Chester	4K	5K	2 miles
Belmont Opener (9/02)	19:47.61 (83)		
WKU Old Timers Classic (9/17)		23:46.50 (47)	
Arkansas State Invitational (10/01)		24:15 (21)	
UTC Invitational (10/15)			14:18 (37)

Ashley Comstock	4K	2 miles	5K	6K
Belmont Opener (9/02)	16:00.05 (42)			
UTC Opener (9/09)		12:22 (12)		
WKU Old Timers Classic (9/17)			18:39.00 (15)	
Arkansas State Invitational (10/01)			19:07 (1)	
UTC Invitational (10/15)		11:30 (4)		
Sun Belt Championships (10/29)			17:59.56 (5)	
NCAA South Regional (11/12)				22:54.27 (69)

Derek Dell	5K	5 miles	8K	10K
Belmont Opener (9/02)	15:44.13 (18)			
UTC Opener (9/09)	16:03 (20)			
WKU Old Timers Classic (9/17)		26:21.80 (11)		
Arkansas State Invitational (10/01)			26:14 (3)	
UTC Invitational (10/15)	16:07 (7)			
Sun Belt Championships (10/29)			25:42.23 (7)	
NCAA South Regional (11/12)				32:35.06 (52)

Miranda Galloway	4K	2 miles	5K
Belmont Opener (9/02)	17:21.58 (67)		
UTC Opener (9/09)		13:27 (21)	
WKU Old Timers Classic (9/17)			20:07.10 (33)
Arkansas State Invitational (10/01)			21:16 (12)
UTC Invitational (10/15)		12:58 (23)	
Sun Belt Championships (10/29)			18:42.58 (17)

Marjorie Gombert	4K	2 miles	5K
Belmont Opener (9/02)	18:19.67 (75)		
UTC Opener (9/09)		13:24 (19)	
WKU Old Timers Classic (9/17)			19:51.50 (32)
Arkansas State Invitational (10/01)			20:30 (10)
UTC Invitational (10/15)		12:15 (11)	
Sun Belt Championships (10/29)			19:06.75 (25)

Jonathan Guillou	5K	5 miles	8K	10K
Belmont Opener (9/02)	15:20.85 (9)			
UTC Opener (9/09)	15:57 (17)			
WKU Old Timers Classic (9/17)		26:20.80 (10)		
Arkansas State Invitational (10/01)			25:44 (1)	
UTC Invitational (10/15)	15:49 (3)			
Sun Belt Championships (10/29)			25:32.37 (5)	
NCAA South Regional (11/12)				32:02.99 (38)

2005-06 Middle Tennessee Cross Country

2005 MEN'S/WOMEN'S CROSS COUNTRY PERFORMANCE CHART (FINAL)

● * - NCAA automatic mark ● ! - personal best ● r - school record

Kaitlyn Hammond	4K	2 miles	5K	6K
Belmont Opener (9/02)	16:01.13 (43)			
UTC Opener (9/09)		12:30 (14)		
WKU Old Timers Classic (9/17)			18:54.30 (19)	
Arkansas State Invitational (10/01)			19:31 (2)	
UTC Invitational (10/15)		12:14 (10)		
Sun Belt Championships (10/29)			18:25.56 (11)	
NCAA South Regional (11/12)				22:45.43 (59)

Ryan Hood	5K	5 miles	8K
Belmont Opener (9/02)	20:44.33 (65)		
WKU Old Timers Classic (9/17)		33:28.10 (36)	
Arkansas State Invitational (10/01)			33:37 (33)
UTC Invitational (10/15)	19:55 (29)		
Sun Belt Championships (10/29)			33:05.60 (64)

Sara Lunning	4K	2 miles	5K
Belmont Opener (9/02)	16:37.51 (52)		
UTC Opener (9/09)		12:44 (16)	
WKU Old Timers Classic (9/17)			19:50.20 (31)
Arkansas State Invitational (10/01)			19:54 (3)
UTC Invitational (10/15)		12:36 (15)	
Sun Belt Championships (10/29)			19:05.68 (24)

Luke Pfleger	5K	5 miles	8K
Belmont Opener (9/02)	18:46.37 (59)		
UTC Opener (9/09)	18:42 (47)		
WKU Old Timers Classic (9/17)		31:50.80	
Arkansas State Invitational (10/01)			30:21 (24)
UTC Invitational (10/15)	18:28 (27)		
Sun Belt Championships (10/29)			30:39.32 (62)

Steve Safstrom	5K
Belmont Opener (9/02)	15:48.96 (21)
UTC Opener (9/09)	16:04 (21)

Tiffany Sawyer	4K	2 miles	5K
Belmont Opener (9/02)	30:01.00		
UTC Opener (9/09)		13:41 (24)	
Arkansas State Invitational (10/01)			21:20 (13)
Sun Belt Championships (10/29)			19:43.56 (35)

Ashleigh Thaler	4K	5K	2 miles
Belmont Opener (9/02)	19:55.47 (84)		
WKU Old Timers Classic (9/17)		23:14.60 (46)	
Arkansas State Invitational (10/01)		23:40 (20)	
UTC Invitational (10/15)			14:12 (36)
Sun Belt Championships (10/29)		20:56.54 (56)	

Matthew Young	5K	5 miles	8K
Belmont Opener (9/02)	17:55.46 (53)		
UTC Opener (9/09)	18:21 (44)		
WKU Old Timers Classic (9/17)		29:56.90 (30)	
Arkansas State Invitational (10/01)			28:33 (17)
UTC Invitational (10/15)	18:03 (22)		
Sun Belt Championships (10/29)			29:52.69 (58)

Belmont Opener -- Nashville, Tenn. (09/02/05)
UTC Opener -- Chattanooga, Tenn. (09/09/05)
Dr. Mark Allen Old Timers Classic -- Bowling Green, Ky. (09/17/05)
Arkansas State Invitational -- Jonesboro, Ark. (10/01/05)
UTC Invitational -- Chattanooga, Tenn. (10/15/05)
Sun Belt Championships -- Bowling Green, Ky. (10/29/05)
NCAA South Regional -- Gainesville, Fla. (11/12/05)